



Frederick Holmes School
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Provided by Sammie Scott-Wells
Provided for

Do not force the stretch

Go to the point where you feel resistance

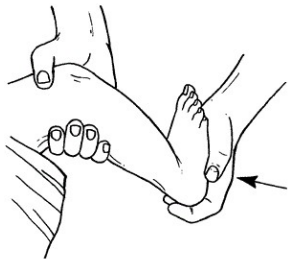
The pictures shown may not represent your child's range of movement.



Passive calf stretch with knee flexed

a) Have your child lie on his/her back on a firm bed. Place one of your hands under your child's knee, keeping the knee bent. Hold firmly so that the leg will not move. Place your other hand on the bottom of the foot.

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b) Maintaining the heel in a neutral position. Push on the bottom of the foot. Slowly push it until it feels tight. Making sure the knee and hip are flexed to a 90 degree angle.

Hold this position for 10 seconds.

Slowly release the stretch.

Repeat this exercise _____ times

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Passive calf stretch knee extended



Cup one hand around heel keeping the heel in a neutral position. Keep inside of forearm in contact with the sole of the foot. Gently draw the foot towards a right angle stabilising the leg with the other hand. Move past the right angle if you can. Use gentle pressure. Do not use force.

Hold _____ secs.

Stretch R foot _____ times. L foot _____ times.

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A



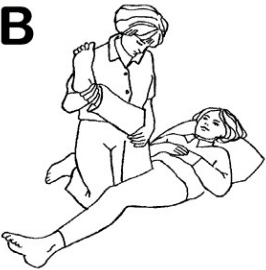
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Passive hamstring stretch

Position of hands for passive stretching of hamstrings.

Take the leg to be stretched so the hips and knees are at right angles....in this position....(pic B)

B



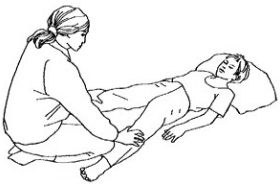
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Position of hands for passive stretching of hamstrings.

One hand just above the knee and one hand supporting above the ankle.

Gradually straighten knee, keeping thigh still with the hip at 90 degrees.

Hold _____ secs. Repeat _____ times.



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Passive stretching of the hip adductor muscles.

Lying flat. Level hips as possible.

Gently and slowly draw legs apart, keeping knees straight.

Hold _____ secs. Repeat _____ times.



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Passive hip adductor and external rotation stretch

Lying, place feet together.

Let hips roll out. Slowly add gentle outward pressure to the knees. Do not force this movement.

Hold _____ secs. Repeat _____ times.



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Passive hip flexion stretch

Lying Supine. Hips level.

One hand is placed on the knee of the out- stretched leg, while the other guides the other hip and knee to bend as shown.

A gentle stretch should be felt in front of the hip of the straight leg and the buttock of the bent leg. Do not force. When the knee or hip of the straight leg starts to bend ...stop.

Hold _____ secs.

Repeat R _____ leg bending. L _____ leg bending.

Passive hip extension stretch



Lying on front.

Relax hips, ensure they are level and flat. Place one hand on the lower back and one hand under the thigh. Gently draw the leg upwards as shown. A gentle stretch should be felt in the front of thigh. Do not force.

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Hold _____ secs. Repeat _____ times.

Passive stretching of quadriceps.



Lying on front.

Relax hips, ensure they are level and flat. Place one hand on bottom and one hand around ankle. Gently draw ankle towards bottom. A gentle stretch should be felt in the front of thigh. Do not force. Stop and hold the stretch when you start to feel the bottom lift.

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Hold _____ secs. Repeat _____ times.
